



MAPA DE AULAS VIVAGYM VISEU



FECHA INICIO: 1/10

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	VIRTUAL CYCLING	CYCLING	V-POWER	CYCLING	VIRTUAL CYCLING		
08:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	ABS		ABS			V-MIND	ABS
10:15	V-POWER	3B	V-FIGHT	YOGA	ZUMBA	CYCLING	VIRTUAL CYCLING
11:15	PILATES	CYCLING	CROSS WOD	V-BURN	3B	V-POWER	ABS
12:00		ABS		ABS	ABS		
12:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
12:45	V-BURN	HYBRID WOD	V-MIND				VIRTUAL CYCLING
13:15	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
14:00	ABS		ABS			ABS	
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00		ABS		ABS	ABS		
17:15	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15	V-BURN	HYBRID WOD	V-POWER	ZUMBA	V-MIND		
18:00	3B	V-POWER	3B	HYBRID WOD			
18:15	VIRTUAL CYCLING			PILATES	V-BURN		
18:30		CYCLING	VIRTUAL CYCLING		CYCLING		
18:45	V-POWER		DANCE	CYCLING			
19:00		YOGA		V-FIGHT	VIRTUAL CYCLING		
19:15	HYBRID WOD	CROSS WOD	HYBRID WOD		V-POWER		
19:30	ZUMBA		V-FIGHT				
19:45	CYCLING		CYCLING				
20:00		V-FIGHT		V-POWER	VIRTUAL CYCLING		
20:15	PILATES	VIRTUAL CYCLING		VIRTUAL CYCLING			
20:45	VIRTUAL CYCLING		VIRTUAL CYCLING				

LANÇAMENTO DE NOVAS AULAS



DESDE 1 DE SETEMBRO



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

CORPO E MENTE	CYCLING	COREOGRAFIA
CORPO E MENTE VIRTUAL	CYCLING VIRTUAL	FUNCIONAL
CARDIO	TONIFICAÇÃO	ABDOMINAIS
CARDIO VIRTUAL	TONIFICAÇÃO VIRTUAL	

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP